



November, 2017

"We don't make the news, we just report it."

Volume 21, Number 12

Interview

RAT INVASION



20 Questions

This month's interview is with **Bob Singer** of Avalon Vacuum & Janitorial Supply Co., 3350 N. Ashland Avenue.

Q. Where were you born and raised?
A. Chicago and I was raised in Evanston.

Q. Are you married? Any children?
A. Yes. We have one daughter.

Q. Where did you attend school?
A. Northern Illinois University.

Q. What is your fondest childhood memory?
A. Going on family vacations to Miami Beach.

Q. How long have you been in your present business and how/why did you decide to go into this business rather than something else?
A. 40 years. I found that in this business, I can work with my hands and also run a business. I like to tinker with things and I grew up in retail.

Q. There are so many different vacuum clean-

ers on the market. How do you keep up with all the latest innovations?
A. I belong to the Vacuum Cleaner Trade Association and I attend their meetings along with the National Trade Association Conventions and the International Trade Association.

Q. What is your greatest challenge in this business?
A. Competing with the internet.

Q. What was the best advice you were ever given?
A. If it's too good to be true, it probably is.

Q. What hobbies/special interests do you have?
A. I like to ride my bike.

Q. What is your favorite TV show, movie and book?
A. My favorite TV show is "Sunday Morning"; my favorite movie is "The Great Escape" and my favorite book is "Daring Greatly" by Brene Brown.

Q. Who has/had the most influence on your life?
A. My father.

Continued on page 2

by Joyce Rimel

RATS! The rat population is on the rise and is most notable during the Fall months when the rats are searching for food, water and shelter before winter arrives. Chicago has the top spot as the rat-tiest city in America, with Los Angeles in the #2 spot and Washington, D.C. as #3. Orkin, a major national pest control company,

reported their rodent-related business was up 61% in Chicago from 2013 to 2015. With 2017 winding down, neighborhoods with the worst rat problem are Wicker Park, Ukrainian Village and West Town with Logan Square a close second and West Ridge coming in third. Lakeview, Irving Park, River North, Downtown, Portage Park,

Lincoln Park and North Center are also fighting this problem. Rats present serious health threats like respiratory and neurological diseases spread through droppings, urine and bites. Women who are pregnant and young children are especially at risk as these rodents can transmit defects in newborns and can trigger allergic and asthma

reactions through their droppings to children. The 2018 budget proposes to add five more crews for rodent baiting and provides for an additional \$500,000 to support the purchase of more than 10,000 black garbage carts. A total of 30 rodent abatement and prevention crews will be working in the neighborhoods. The Department of Streets

Continued on page 2

What's on your Mind?



"Working on my art for the holidays. I am doing a series on the environment."



"Planning Thanksgiving dinner for family and friends."



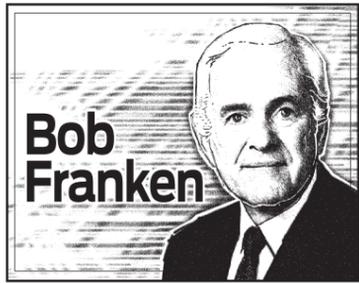
"Having Thanksgiving dinner for my dad and my sisters. We are planning an indoor picnic theme. It will be so much fun."

We apologize for losing the names of these ladies. If you call our newspaper we will include your name in the December edition. Thank you for your answers.

Editorial & Opinions

Interview continued from front page.

- A. My mother.
- Q. Who would you like to meet in person and what question would you ask?
- A. Leonardo da Vinci. I would ask him when and how did he get his passion?
- Q. Who do you most admire and why?
- A. My father. He put his family first in everything.
- Q. What have been your three greatest achievements?
- A. My family, my business and reconnecting with extended family.
- Q. What have been your three greatest disappointments?
- A. Working too much, not being closer with my father and not stopping to smell the roses or living for the moment.
- Q. What improvements or suggestions would you make for the Lakeview neighborhood?
- A. Better parking.
- Q. There are so many different problems in the world. What concerns you the most and why?
- A. That people aren't more accepting of each other.
- Q. What is your pet peeve?
- A. People who don't use their turn signals.
- Q. What is your greatest possession?
- A. My Grandfather's Mezuzah necklace.
- Q. Do you have a motto for living your life?
- A. Do unto others as you would have them do unto you.



A Raw Wound Reopened

Few in media have disparaged President Donald Trump more harshly than I have. But I and the rest of his critics need to be careful. If we want credibility, particularly with Trump always attacking us for "fake news," we must be painstaking as we do our jobs, particularly when a story seems too grotesque to be true. A case in point is the controversy over the call he made to Myeshia Johnson, the grieving widow of Army Sgt. La David Johnson, one of four special operations troops killed by ISIS forces while on patrol in Niger.

Prodded by reporters at a White House news conference, Trump decided to make a sympathy call from the commander in chief. He reached Mrs. Johnson on her cellphone as she sat in a car with family members, along with Democratic Congresswoman Frederica Wilson, who happens to be a long-time friend. According to Rep. Wilson, the call did not go well, and Trump's remark that "But you know he must've known what he signed up for" was insensitive to an extreme.

Sure enough, Trump went to Twitter to attack Rep. Wilson: "Democrat Congresswoman totally fabricated what I said to the wife of a soldier who died in action (and I have proof). Sad!"

The proof he was referring to were subordinates who were listening in and could vouch for him. They included

chief of staff John Kelly, the steely former Marine general who was brought in to bring order to a chaotic White House. He also is the father of 1st Lt. Robert Kelly, who was killed in Afghanistan combat seven years ago. Gen. Kelly has insisted since then that he keep his and his family's agony private.

So imagine the surprise of reporters when he came to the briefing room to share his feelings of disgust "I was stunned when I came to work yesterday, and brokenhearted, when I saw what a member of Congress was doing," he said.

President Trump was echoing the words Kelly had described hearing from friends back in 2010 when he got the devastating news that his son died on the battlefield, words that provided a measure of comfort: "He was doing exactly what he wanted to do when he was killed" and "He knew what he was getting into by joining that 1 percent. He knew what the possibilities were because we were at war."

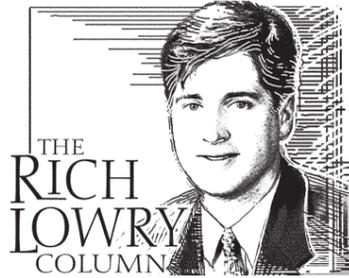
That, said Kelly, is exactly what his boss the president was trying to communicate to the Johnson family in their depths of sadness. Rep. Wilson's dismissive comments afterward, that "John Kelly's trying to keep his job," seemed petty.

We in the media need to make sure we don't appear petty. President Trump has bounced from one ugly controversy to another, and we have gotten used to his constant showers of brutishness — so used to them, perhaps, that we now expect the worst each time we hear the words "Donald Trump." We need to make sure that we aren't lulled into the sense of outrage that so frequently defines the Trump presidency. This is a good example. Gen. Kelly's raw wounds will never heal. But he was willing to set the record straight and remind us we need to get the record right.

Rat continued from front page.

and Sanitation said that residents can swap any damaged carts for a new or refurbished one. Adding to the problem is all the new construction in the area. Residents are encouraged to dial 311

to submit rat complaints and are asked to maintain dumpsters and trash cans, preventing access to food for rats. The new crews will try to bait an area within 5 days of receiving a complaint.



The Facebook Farce

The Kremlin knows a bargain when it sees it.

We are supposed to believe that it bought the American presidential election last year with \$100,000 in Facebook ads and some other digital activity. Frankly, if American democracy can be purchased this cheap — a tiny fraction of the \$7.2 million William Seward paid to buy Alaska from the Russians back in 1867 — it's probably not worth having.

The latest obsession in the Russian collusion story, the Kremlin's digital activity has generated headlines and put Facebook and all of Silicon Valley on the defensive, although this looks to be one of the most overhyped stories of the year.

The Russians, as far as we know, bought more than \$100,000 in Facebook ads between June 2015 and May 2017. A little more than half was spent after last November, when, obviously, Donald Trump had already won.

The scale here is singularly unimpressive. A serious House campaign might spend \$100,000 on digital. In a presidential campaign, the amount is a rounding error. The Trump campaign spent around \$90 million on digital in 2016. Hillary Clinton employed a considerable digital staff, and announced she was spending \$30 million on digital the last month of the campaign alone.

If tens of thousands of dollars was decisive amid this tsunami of tens of millions, the Russian trolls working somewhere in St. Petersburg should strike out on their own and start a polit-

ical consultancy or an internet publishing company. They are geniuses.

It doesn't appear that much of the Russian material was explicitly advocating for Trump's election, and some of it wasn't even right wing. One Russian Facebook page highlighted discrimination against Muslims. Another promoted anti-police videos for a Black Lives Matter audience. A pro-gay-rights page was called LGBT United.

Other pages were on the right and supportive of Trump. But much of the Russian Facebook activity was peddling online tripe indistinguishable from indigenous American online tripe — in fact, it was ripped off from content produced by Americans. If the Russians are going to decide our elections on social media, one assumes it will require at least a little originality.

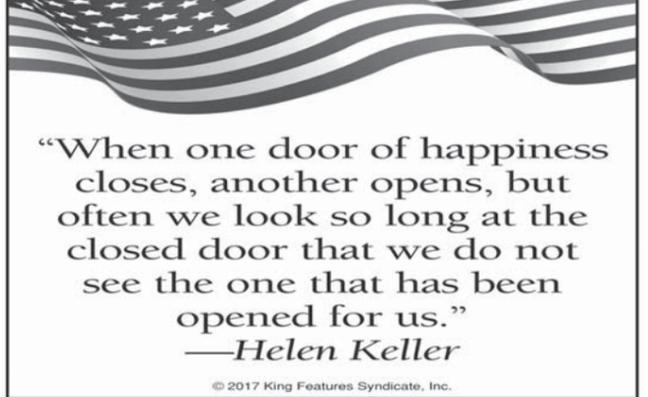
One suspicion has been that the Trump campaign helped direct the Russian online effort. What we know about the Russian activity so far makes that doubtful. Why, if the Trump campaign was running its own digital campaign that was magnitudes larger, would it bother with a tiny Russian effort that wasn't always focused on Trump or his message?

It is outrageous that Russians meddled in our democracy at all, and if there are ways to lock them out of our social media going forward, we should do it. Let's not pretend, though, that the Russian online activity was the key to the election. This is classic conspiracy thinking — that some small secret cabal is responsible for a world-historical outcome that had much more obvious causes (Hillary Clinton's poor campaign, for one).

There may yet be truly damaging Russia revelations, and the Trump family's business dealings could always produce a nasty surprise. But all the focus on Facebook serves, for now, as a substitute for a smoking gun in the absence of a real one.

Rich Lowry is editor of the National Review.

Americanisms



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Lakeview Newspaper

"We don't make the news. We just report it."

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Daylight Saving Time ends November 5
 2am
 1am

REMEMBER OUR VETERANS
 VETERANS DAY
 Nov. 11

Happy Thanksgiving!

SENIOR NEWS LINE

by Matilda Charles

Time for Medicare Open Enrollment

Medicare has open enrollment every year between Oct. 15 and Dec. 7. It's the only time you can make changes to your existing plans. Making decisions about Medicare can be tough because once you make any changes, you have to live with them for a year. Here are a few things to know:

- When you sign up during open enrollment, coverage will start Jan. 1, 2018.

- If you've already had Medicare, you'll receive a Medicare & You booklet in the mail. Spend the time between now and December reviewing it and deciding if you need to make any changes.

- By now you should have received notices in the mail as well, either a Notice of Change or Evidence of Coverage, and maybe both. These will tell you whether there are changes to your existing plan and whether the costs are changing.

- If you go with an Advantage plan, you'll also likely need a Part D drug plan to go along with it. If you have an Advantage plan and don't like it, now is the time to make a change.

- Many people who like their current plan do nothing and are automatically re-enrolled, but beware: There might be changes in the plan's cost and coverage that you won't know about unless you read the notices. To review other possible plans, go online to www.medicare.gov and look for the plan-finder tool.

Best bet: If this is your first time signing up, or if you know you need to make changes to your plan but need help, get advice. There's too much at stake to just pick a plan you haven't studied. On the Medicare website, look for contacts and select your state, then look for State Health Insurance Assistance Program. Or call Medicare directly at 1-800-MEDICARE.

Hurricane Pets Need Homes

If you've considered getting a pet, this might be the perfect time to adopt one. A side effect of all the hurricanes we've had is the number of animal shelters that are completely filled. Either the owners can't be found or the families have no homes to go back to and are living in shelters that won't allow pets. In hurricane-hit areas, adoptions have plunged because people have so much to do just to take care of their families.

Across the country, other shelters have taken up the cause and have run caravans (even planes) to bring rescued animals to areas that weren't hit by hurricanes.

Many shelters have lowered adoption fees so more animals can find homes. When adopted, all the animals will have been through quarantine and given shots and exams.

What do you get out of it if you adopt a pet? The short list is more social interaction, less stress, lower blood pressure, increased physical exercise and structure to your days. Add to that the gratitude of an animal that's been through crisis and is now in a loving, forever home.

If it's not possible for you to adopt a pet, consider being part of the welcoming committee when the animals arrive. They'll be anxious from the long ride, eager to move around. They'll need lots of TLC to calm down, and baths and soothing words. The shelter might need extra toys, leashes, food and blankets. Perhaps you can volunteer to be a collection point for those items.

Or you could foster an animal on a short-term basis. Who knows ... it's possible that in opening your home and heart to a homeless cat or dog that you'll decide to make the arrangement permanent.

VETERANS POST

by Freddy Groves

Pin-Ups for Vets

It was with great irritation that I learned about a Department of Veterans Affairs hospital cancelling a previously scheduled visit from a group called Pin-Ups for Vets, without (apparently) doing its homework. After a hue and cry on the hospital's website, it finally said yes, and the visit was on again.

Pin-Ups for Vets, a kitchen-table startup that has been quite successful in supporting veterans, was created in honor of a grandfather who served during World War II. Since 2007, the group has visited more than 60 military hospitals and 20 military bases (some overseas), and have been welcomed at each one. They donate funds for veteran programs, deliver care packages, support homeless veterans and military wives, make hospital visits (wearing their vintage dresses) and chat with the veterans, and that's just a partial list.

At each visit they also hand out nostalgia calendars with 1940s pin-up girl themes. The calendars are extremely well-done. There are images of lovely ladies wearing retro dresses, high heels and hairstyles of that era, posing with great vintage vehicles (planes, trucks, tractors) — all appropriate images. The clincher for me: Nearly all the women in the calendar are themselves military veterans.

Check for yourself at www.pinups-forvets.com. The 2018 calendar features 21 veterans and costs only \$15. You'll also find posters, mugs, totes, signs and more on the website shopping page.

With the holidays looming, consider buying a half dozen or more calendars and delivering them to a ward at your nearest VA hospital. (Hook up with a recreation therapist or voluntary services at the hospital.) Wear a Santa hat. Spend some time there talking to the patients, especially the older ones who either served or were children during World War II. Ask questions about those years. Get them talking.

VA Targets Shifty Mortgage Lenders

Scams targeting veterans who are refinancing VA-guaranteed mortgages have gone on for far too many years. Now the Department of Veterans Affairs is trying to do something about it. It's just hooked up with Ginnie Mae to take a close look at all the complaints. As a veteran refinancing a VA home loan, you have certain benefits, and lenders who offer those loans are supposed to follow the rules.

Complaints received by the Consumer Financial Protection Bureau fall into two main categories:

Aggressive Lenders: Since lenders are protected by the VA guarantee, they can be aggressive in going after veterans to refinance. They want your business, whether you're interested or not. One way to get their (unwanted) attention is to actually do a refinance. Veterans have reported continued harassing calls and requests to do yet another refinance.

Deceptive Lenders: Lenders lie about the interest rate, and it's only later that the true interest rate becomes apparent. Lenders stall and drag their feet when a rate is locked in, causing the rate to rise. Then the veteran either has to accept the higher rate or bring more money to the closing. Lenders also lie about whether a veteran is actually qualified, waiting until far into the process before revealing the truth. Lenders also play fast and loose with escrow monies, causing the veteran more grief and expense.

The task force will be looking at these tactics, especially "loan churning," which is repeated refinancing to get more fees out of the veteran.

If you're about to refinance, go online to the Consumer Financial Protection Bureau (www.consumerfinance.gov) and learn about your rights.

If you have a complaint or you're being harassed by lenders, contact the CFPB servicemember office at consumerfinance.gov/complaint; email military@cfpb.gov; or call toll free (855) 411-CFPB (2372).



Moments in time

THE HISTORY CHANNEL

- On Nov. 19, 1824, a flood on the Neva River near St. Petersburg, Russia, claims an estimated 10,000 lives after an ice jam broke apart and the water overwhelmed the city's dam. The surge was so powerful that several ships were thrown into the city's marketplace.

- On Nov. 15, 1956, the movie "Love Me Tender," featuring Elvis Presley in his big-screen debut, premieres. Originally titled "The Reno Brothers," the movie was renamed after a song that Presley sings during the film.

- On Nov. 17, 1968, the Oakland Raiders score two touchdowns in nine seconds to beat the New York Jets — and no one sees it. With just 65 seconds left to play, NBC switched off the game in favor of its previously scheduled programming, "Heidi," a children's movie about a young girl in the Alps.

- On Nov. 14, 1970, a chartered jet carrying most of the Marshall University football team crashes in West Virginia. All 75 passengers were killed, including 37 football players, the coach, doctors, the athletic director and 25 team boosters.

- On Nov. 13, 1982, the Vietnam Veterans Memorial is dedicated in Washington, D.C. The memorial is a simple V-shaped black-granite wall inscribed with the names of the 57,939 Americans who died in the conflict, arranged in order of death, not rank.

- On Nov. 18, 1991, Muslim kidnappers in Lebanon free Terry Waite after more than four years of captivity. Waite, special envoy of the archbishop of Canterbury, had secured the release of detained missionaries before being captured himself. He spent most of the four years chained to a radiator.

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Commemorative Ceremony

Saturday, November 11 @ 9 AM

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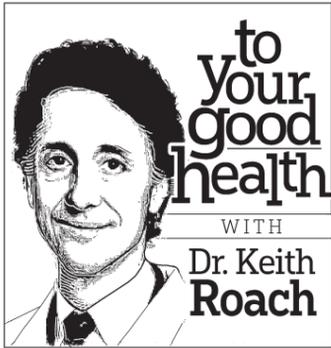






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Health



A Fib Increases Risk of Blood Clots, Stroke

DEAR DR. ROACH: I have been taking warfarin (Coumadin) for two years now. I started taking it after a knee-replacement surgery, when they discovered I had atrial fibrillation. I have high blood pressure and high cholesterol that are controlled with medication, and diabetes controlled with diet. Do you think I need to be on warfarin if my blood pressure and cholesterol are well-controlled? Before the surgery I was on two 81-mg tablets of aspirin. Could I safely go back? — *J.K.*

ANSWER: Doctors recommend warfarin or other anticoagulant medication for people with atrial fibrillation — a chaotic condition of the electrical system of the heart — if they have more than minimal risk for blood clots and stroke. Older age, female sex, high blood pressure and diabetes (even if controlled), congestive heart failure and history of stroke or vascular disease all increase risk for stroke in people with atrial fibrillation, also known as A fib.

Although I don't know how old you are, just being female and having high blood pressure and diabetes puts you in a risk category where you would normally be recommended to stay on anticoagulation. Never stop warfarin (or similar medication) without first discussing it with your physician.

DEAR DR. ROACH: I am a post-menopausal woman (12 years

since my last cycle). Last month, I had a light period that lasted over a week. I have seen my OB/GYN, who sent me for a pelvic ultrasound and a transvaginal ultrasound. The only thing it showed was a thickening of the lining. I then had a biopsy, and the results came back showing normal cells. He seems stumped, and said that if it happens again, he'd suggest a D and C. But, as he acknowledged, a 66-year-old woman isn't supposed to be having periods. Obviously, he and I both know something isn't right but just don't know what it might be. Any thoughts? — *D.H.*

ANSWER: Any bleeding after menopause needs to be evaluated, since it can represent uterine cancer about 10 percent of the time. Fortunately, that is very unlikely with a normal biopsy. Since you did have a thickened endometrium, it is possible that you have endometrial hyperplasia, though this should have shown up on the biopsy. An ultrasound should have picked up a polyp.

If it does happen again, you should certainly have further evaluation. Even though a negative biopsy is very good evidence that there isn't a cancer, no test is perfect. About 20 percent of women with persistent bleeding after a normal biopsy had cancer or a precancerous lesion. This occasionally happens when the uterine cancer is in one focal place, rather than present throughout the lining of the uterus.

Is There a Cure for Keloids?

DEAR DR. ROACH: Is there a cure for keloids? My husband is 56 and has several keloids on his body, but there is one on his chest that has gotten considerably larger over the years and causes the most problems. He has experienced pain and discomfort, and it also bleeds at times. My husband would prefer not to have surgery. He was born with a keloid on his ear. At a very young age it was operated on, and it returned larger in size. He has tried numerous types of remedies, but

none has prevented the keloid from growing or bleeding. — *J.B.*

ANSWER: A keloid (from a Greek word meaning "tumor-like") is a complication of scar tissue. In some people, when the skin heals from a cut or a burn, the healing cells keep growing, creating a variably sized, disfiguring, sometimes painful lesion called a keloid.

The best treatment in people who are predisposed to keloids is to avoid them by avoiding any unnecessary surgery (including ear and other body piercings). Once a keloid has formed, there are several possible treatments. Unfortunately, the longer a keloid has been there, the harder it is to treat.

I have seen great results from silicone gel sheeting. This is particularly effective when used immediately after surgery, but may have some effectiveness on your husband's chest keloid. Another potentially effective treatment is injection of steroids, which help flatten and shrink keloids up to 75 percent of the time.

DEAR DR. ROACH: I had a fall on ice and suffered a severe concussion. I was unconscious for several minutes. At the hospital, I had a CT scan, but there was no damage. Two months later, I had an episode where I became disoriented and the room was spinning. I was taken to the hospital, given Antivert without success and kept overnight. A physical therapist came the next day, did some vestibular rehab that helped some, and I continued it at home as needed. The episodes are getting worse, and neither the Antivert nor the exercises are helping. Could this be due to the fall? My ENT says no. — *G.M.*

ANSWER: You clearly have vertigo, but whether it is due to the fall isn't clear. Certainly, people with post-concussion syndrome get dizziness and vertigo, but in most cases I have seen, it starts soon after the trauma: Two months is longer than I have seen. Headaches also are common in postconcussion syndrome, but their absence doesn't mean your vertigo is NOT due to the fall.

Meclizine (Antivert) is an antihistamine commonly used for vertigo; however, prolonged use (more than a few days) prevents the brain from adapting to the changes in the balance system that caused the vertigo. Thus, it's concerning that you may still be taking it. I have seen many people taking meclizine long term and having persistent vertigo.

Vestibular rehab is the best treatment we have for vertigo. If it's not working, it may be time to re-evaluate and make sure there isn't another cause for the vertigo.

Apple No Substitute for Toothbrush

DEAR DR. ROACH: I have heard that an apple a day keeps the dentist away and that an apple is nature's toothbrush. Can we really skip brushing our teeth if we eat an apple instead? — *R.T.*

ANSWER: I've read many opinions about this subject, and I tend to agree with the ones that show that apples are high in both sugar (some newer varieties much more so than old ones) and acid, which can damage teeth. Apples do have some ability to remove some particles from the teeth, but they will not clean all surfaces of the teeth. So, I would not skip brushing after an apple, even though apples are much better for your teeth than sticky sweets.

DEAR DR. ROACH: What is an exophytic cyst? I have one on my right kidney, and it has been watched closely for the past eight years. The most recent ultrasound shows that it is 2.1 cm and hasn't changed in that time. I am 78 and in good health, except for asbestos exposure. Should I get this thing removed, or let it be? I get conflicting advice. — *B.W.*

ANSWER: The word "exophytic" means "growing outward," and a cyst is a fluid-filled cavity. So an exophytic cyst bulges out of the kidney and is filled with fluid. The big concern with these is whether they can be cancer-

ous. A simple cyst, with thin walls and fluid without any solid structures, has a very low likelihood of being cancer and does not need further evaluation. If the sonogram can't show that for certain, then a CT scan is usually done.

Kidney cysts are graded according to the Bosniak category, based on their appearance by CT scan. The more complex the cyst, the higher the likelihood of cancer. Older age, being a male and asbestos exposure are risk factors for cancer of the kidney.

Despite those risk factors, if this were a simple cyst (Bosniak I or II) and unchanged in eight years, it is very unlikely to be cancer, and I would recommend letting it be. However, if it were a Bosniak category III or higher, I would discuss biopsy with the urologist.

DEAR DR. ROACH: I'm having a sensation on the balls of my feet, as though I am walking with pads. I have diabetes, but my sugar level is moderate. I have seen three doctors without results. Do you have any thoughts? — *B.G.*

ANSWER: Anytime I hear symptoms that could be numbness, pain, tingling or burning sensation in someone with diabetes, I think it is diabetic neuropathy until proven differently. It is not usually hard to diagnose with a filament (to test light touch sensation) and a tuning fork (to test vibration), but occasionally an electrodiagnostic test (i.e., EMG) is necessary. If your regular or diabetes doctor hasn't helped, I suggest a neurologist.

Blood sugar levels that are persistently high are more likely to result in diabetic neuropathy, but longstanding diabetes, even when it's moderately well-controlled, can lead to neuropathy.



Financial Statement

Retirement Planning for people in alternative work arrangements

Alternative work arrangements is defined as temporary help agency workers, contract workers, on-call workers and independent contractors. The percentage of people in this category rose from 10.1% in 2005 to 15.8% in 2015. On the plus

side, those arrangements allow for a better work/life balance but on the down side, it can be a source of financial stress in times of income disruption. People in 9-5 jobs have their 401(K) and other group plans offered through employers to help them save for their retirement, however, seven out of ten self-employed workers are not saving on a regular basis for retirement.

Here are some tips that self employed workers can take

to insure retirement security.

Protect yourself against short-term financial hardships.

If a person is forced to use credit cards for an income need, the cost of that financing will wipe out any long-term return earmarked for retirement. The same goes for dipping into an IRA prematurely, which carries taxes and a penalty.

As a first step, get health-care and disability coverage. Workers can contribute to

a health-savings account, allowing funds to build up to defray out-of-pocket healthcare costs. These funds receive attractive tax breaks. Shop around for the best low-fee HSA option as some accounts carry layers of fees. Also, try to have an "emergency fund" in case of loss of job. Try to save for more than the recommended three to six months worth of living expenses. This fund can also serve as a vehicle to pay taxes if no

taxes are being withheld from a paycheck.

Fund a basic IRA

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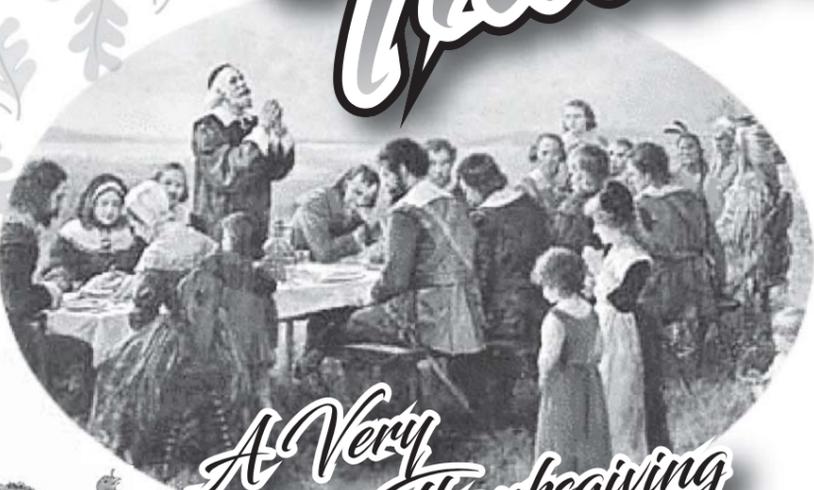
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—Plymouth Colony Records, 1668

Though times have changed and traditions dimmed with the passage of years, may we always be constant in our gratitude for blessings bestowed upon this beloved land and its people.

For family and friends, for health and vitality, give a moment's pause this Thanksgiving Day, to give humble thanks for these many blessings. Remember all in this land of abundance, the true richness of the little things, too, in life. Look around your table this year, and give thanks.



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1. Who released "Love Is Just a Four-Letter Word," and when?
2. Which U.K. band had a No. 1 hit with "Metal Guru"?
3. Name the duo that created "Tell Him" but have never performed it live.
4. Whose solo career was launched with "New Attitude"?
5. Name the vintage song that contains this lyric: "If I could take my pick of all the girls I've ever known, Then I'd come and pick you out to be my very own."

Answers

1. Joan Baez, in 1968. It was written by Bob Dylan in 1965 and left unfinished until Baez said she'd cut the single.
2. T. Rex, in 1972. The song also went to the top in Ireland and Germany, but didn't even chart in the U.S.
3. Barbra Streisand and Celine Deion, in 1997. Astonishingly enough, though hitting No. 1 all over the world, the song only reached No. 5 on the U.S. Adult chart.
4. Patti LaBelle, in 1984.
5. "Never Be Anyone Else But You," by Ricky Nelson in 1959. The song was so popular (even though it was released as a b-side single) that three cover versions were released the same year, including one in German.



Strange BUT TRUE

By Samantha Weaver

- It was 20th-century American author and college professor David Foster Wallace who made the following sage observation: "There is no such thing as not voting: you either vote by voting, or you vote by staying home and tacitly doubling the value of some diehard's vote."
- Those who study such things say that many ancient Greeks carried coins in their mouths — clothing of the time lacked pockets, you see.
- In late 19-century America, parts of New England had a rather unusual Halloween tradition. Evidently, in many rural communities, boys would celebrate by throwing cabbage, corn and other rotten vegetables.
- If you're like many wage slaves, as the end of the workweek approaches you might find yourself doing busywork — trying to look as if you're working when, in fact, you're just shuffling papers or otherwise avoiding productivity. Well, there's a word for that: fudgel. Fudgeling may not be an approved workplace activity, but it's undeniably a part of the American workplace.
- If you look closely at the Mona Lisa, Leonardo da Vinci's famed masterwork, you might notice that the famously enigmatic subject is entirely lacking in eyebrows.
- It may not come as a surprise that when scorpions mate, it's a rather violent affair. When the act is completed, the female stings her partner to death, then eats him.
- In 1993, voters in San Francisco voted on a ballot measure to determine whether police officer Bob Geary would be allowed to walk his neighborhood beat while carrying his ventriloquist's dummy, known as Brendan O'Smarty. The measure passed, and O'Smarty remained on the job.
- It's been reported that in the Mexican city of Tehuantepec, women outnumber men by five to one.

top 10 movies

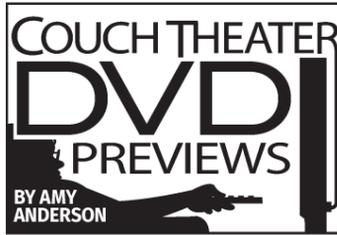
1. **Tyler Perry's Boo 2!**
A Madea Halloween (PG-13)
Tyler Perry, Cassi Davis,
2. **Geostorm** (PG-13)
Gerard Butler, Jim Sturgess
3. **Happy Death Day** (PG-13)
Jessica Rothe, Israel Broussard
4. **Blade Runner 2049** (R)
Harrison Ford, Ryan Gosling
5. **Only the Brave** (PG-13)
Josh Brolin, Miles Teller
6. **The Foreigner** (R)
Katie Leung, Jackie Chan
7. **It** (R)
Bill Skarsgard, Jaeden Lieberher
8. **The Snowman** (R)
Michael Fassbender, Rebecca Ferguson
9. **American Made** (R)
Tom Cruise, Domhnall Gleeson
10. **Kingsman: The Golden Circle** (R)
Taron Egerton, Colin Firth

top ten

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Source: pantone.com

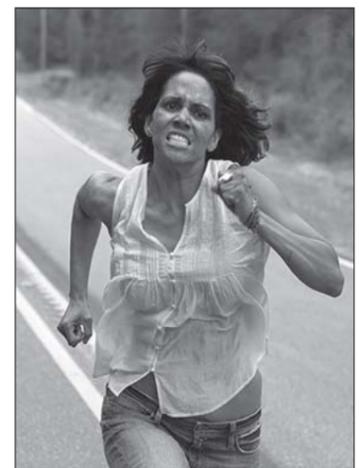


PICKS OF THE WEEK

The Dark Tower (PG-13) — Jake Chambers (Tom Taylor) is an 11-year-old with visions. Visions of a Man in Black (Matthew McConaughey) with nefarious intentions and a gunslinger named Roland (Idris Elba) who aims to protect and defend the world. And other things, like monsters who wear skin and a Dark Tower in another world that stabilizes a connection between our world and its own. Jake stumbles upon a connection to the other world to warn Roland and inadvertently becomes the Man in Black's target while forging a formative relationship with Roland. I wanted to love this film, as I have a soft spot for sci-fi Westerns (see "Firefly"), but the story line is a mess. Elba's performance is a bright spot, the action is so-so. It's loosely based on and meant as a sequel to the book series by Stephen King. It's not clear if that helps or hurts in understanding the film's plot.

Kidnap (R) — As a mom, I can tell you one thing: This movie is basically a documentary about what happens when you try to snatch a sweet, sweet baby from a Fierce Mother. Halle Berry plays Karla, a single mom who takes her young son Frankie (Sage Correa) to the city park for some afternoon fun. He is kidnapped, which Karla witnesses, and in the effort to pursue the kidnapers, Karla loses her phone — meaning it's down to her alone to keep up with the car she is pursuing. It's just as tight and barebones as that: a mother chasing down her son by any means necessary. She's not previously military Special Forces, not an off-duty cop, just a scared but ferocious momma bear who Will Not Quit. It's not going to win any Oscars, but it's a vindicating couch escape.

Person to Person (NR) — This ensemble piece brings together a cast of interesting, complex characters who explore their small, personal issues in a slice of the old Big Apple pie — from the pursuit of a rare recording (Bene Cooper-Smith) to teen angst over sexuality (Tavi Gevinson), to remorseful action to right a terrible mistake (George Sample III). Along with the way, reporters and witnesses (Michael Cera, Abbie Jacobson, Philip Baker



Aviron Pictures

Halle Berry in "Kidnap"

Hall) unravel the story of a mysterious death. It's meandering and exploratory. It's low-budget, and doesn't apologize for it. It was shot entirely in 16 mm, and fans of the low-budget, character-driven, quirky people in New York indie will like it.

NEW TV RELEASES

- As **Time Goes By** Remastered Complete Series
- Humans 2.0: Uncut UK Edition** Outcast Season 1
- Orphan Black** The Complete Series
- Inspector Lynley** Mysteries Remastered Complete Collection
- Sherlock** Seasons 1-4 and **Abominable Bride** Gift Set
- Power Rangers In Space: Super Sentai** Megaranger

Top 10 DVD, Blu-ray Sales

1. **Pirates of the Caribbean: Dead Men Tell No Tales** (PG-13) Disney
2. **Baby Driver** (R) Sony
3. **Wonder Woman** (PG-13) Warner Bros.
4. **Transformers: The Last Knight** (PG-13) Paramount
5. **The House** (R) Warner Bros.
6. **Hocus Pocus** (PG) Disney
7. **Guardians of the Galaxy Vol. 2** (PG-13) Disney
8. **Captain Underpants: The First Epic Movie** (PG) Paramount
9. **The Mummy** (PG-13) Universal
10. **The Lion King** (G) Disney

Source: ComScore



Top 10 Movies On Demand

1. **Baby Driver** (R) Ansel Elgort
2. **The House** (R) Will Ferrell
3. **Wonder Woman** (PG-13) Gal Gadot
4. **Pirates of the Caribbean: Dead Men Tell No Tales** (PG-13) Johnny Depp
5. **Transformers: The Last Knight** (PG-13) Mark Wahlberg
6. **The Beguiled** (R) Nicole Kidman
7. **Captain Underpants: The First Epic Movie** (PG) animated
8. **The Big Sick** (R) Kumail Nanjiani
9. **47 Meters Down** (PG-13) Mandy Moore
10. **The Mummy** (PG-13) Tom Cruise

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What's Hot in Hollywood

HOLLYWOOD — **Matt Damon** has two big films coming out: "Downsizing," directed by **Alexander Payne**, co-starring two-time Oscar-winner **Christoph Waltz** and **Kristen Wiig** (due Oct. 27); and "Suburbicon," directed by **George Clooney** and co-starring Oscar-winner **Julianne Moore** (out Dec. 22). Now he'll produce and star in "Charlatan" (based on **Pope Brocks'** 2008 bestseller), in which Damon plays real-life doctor **John R. Brinkley**, who was accused in 1918 of causing several deaths because of his botched procedures used to cure impotency.

"Dancing with the Stars" should be called just "Dancing," or maybe "Dancing with the Pros." This season even the professional dancers are more famous than the so-called stars. I recognized "98 Degrees" **Nick Lachey** from his crazy marriage to **Jessica Simpson**, but could barely recognize his wife, **Vanessa (Minnillo) Lachey**, from "Entertainment Tonight" reporting and the short-lived Fox series "Dads." Also, singer **Debbie Gibson** was an '80s pop star, and **Frankie Nunez** of "Malcolm in the Middle" (2000-06) faded some time ago. Most viewers enjoy watching the dancing and the process of getting there, so either get real stars or stop calling it "Dancing with the STARS"!

Who'd have thought a guy sitting behind a desk, ranting about current events for 30 minutes, once a week, could beat **Colbert**, **Corden**, **Kimmel** and **Samantha Bee** as Best Talk Show Host this year. **John Oliver** won three Emmys for writing "The Daily Show"; one in 2015 for his HBO show "Last Week with John Oliver"; two in 2016 and the three this year (the other two for writing for variety talk and outstanding interactive program). So much for the 90-minute, five times a week talk format.

Meanwhile, **Benedict Cumberbatch**, who lost "his" Oscar (for "The Imitation Game") to **Eddie Redmayne** ("The Theory of Everything"), has won only one Emmy (in 2014) from five nominations, including this year for playing **Sherlock Holmes**.

Hedy Lamarr — the hot screen siren in classic films such as 1933's "Ecstasy" (also the name of her best-selling book), "Algiers" (1938) with **Charles Boyer**, "Ziegfeld Girl" (1941) with **Lana Turner** and **Judy Garland**, and **Cecil B. DeMille's** epic



Depositphotos

Matt Damon

"Samson and Delilah" (1949) with **Victor Mature** — was more than just another sex symbol. **Diane Kruger** will play Lamarr in a mini-series about her inventions (especially a frequency-hopping radio signal) that led to the creation of Bluetooth and Wi-Fi, which she wasn't recognized for until long after her death. She's probably better known for when **Harvey Korman**, playing Hedley Lamarr, in **Mel Brooks'** "Blazing Saddles" (1974), constantly said, "Hedley Lamarr, not Hedy Lamarr!" Had she lived, she would have been in sheer "Ecstasy," as we are with the Bluetooth and Wi-Fi she gave us!

HOLLYWOOD — "Titanic" producer **James Cameron**, creator of the original "Terminator" franchise, says he'll produce a new three-arc "Terminator" film, to be released in July 2019, when the original rights (which he sold after the first three films) revert back to him. **Arnold Schwarzenegger** and **Linda Hamilton** (Cameron's ex-wife) have agreed to return to re-create their original roles. Cameron further commented, "People ask me 'Will machines ever win against humanity?'" I say, "Look at people on their phones, the machines have already won!"

Jake Gyllenhaal's latest film, "Stronger," in which he plays Boston Marathon victim **David Gordon Green**, has received excellent reviews (Rotten Tomatoes gave it a 95 percent rating, while Metacritic scored it 76 out of 100 from 38 critics). But the film couldn't find its audience in its first week, taking in only \$1.7 million to offset its \$30 million cost. Only word of mouth can

save it now. Jake will try again with "Wildlife," opposite **Carey Mulligan**, and the dark Western comedy "The Sisters Brothers," with **John C. Reilly**, **Joaquin Phoenix** and **Riz Ahmed**.

Charlize Theron's film "Atomic Blonde" also cost \$30 million but grossed \$95 million, while her "The Fate of the Furious" cost \$250 million and grossed \$1.2 billion. She's producing her next two films: the action/drama "Gringo," with **David Oyelowo** and **Joel Edgerton**, due March 9; and the comedy/drama "Tully," written by **Diablo Cody** and co-starring **Ron Livingston**, coming April 20.

Are we ever truly "Gone with the Wind"? Take, for instance, **Vivian Leigh**, who won an Oscar in 1939 for playing **Scarlett O'Hara** in the classic Civil War film. She was in Hollywood keeping an eye on her partner, **Laurence Olivier**, while he was at "Named Desire" (1951). **Vivian Leigh** died July 8, 1967, at the age of 53, from tuberculosis, and her grandchildren, who have waited 50 years to auction off her personal effects, at Southerby's in London, say they did it to ensure her memory lives on.

Some 1,400 bidders from 52 countries came to own a piece of her past. A gold ring, given to her by former husband **Laurence Olivier**, to whom she was married from 1940-1960, sold for \$50,000. The size M 1/2 ring bore the inscription "Laurence Olivier Vivian Eternally." A personal copy of "Gone with the Wind," given to her and autographed by the author, **Margaret Mitchell**, sold for \$67,000. An original painting, painted and given to her by **Sir Winston Churchill**, sold for \$855,075. In all, the auction raised



Depositphotos

Jake Gyllenhaal

more than \$3 million to ensure her grandchildren live on ... in style!



by cindy elavsky

Q. Why did they kill off **Erinn Hayes'** character on "Kevin Can Wait"? I thought she was a great counterpart to **Kevin James**. — **Jeri T., via email**

A. After **Leah Remini** guest-starred last season, the powers that be must have felt she was the boost the show needed. The first season of "Kevin Can Wait" didn't really take off in the way "King of Queens" did, so they must be trying to recapture the "magic" of the previous series. After bad ratings and dismal reviews, I guess it was time to shake things up. The producers insist that **Erinn's** ouster was "not a reflection" of her performance.

For those of you startled by the abrupt change, you're not alone. Even **Erinn** was taken aback by her character being killed off. But she took the news like a pro, proclaiming on Twitter: "True, I've been let go from the show. Very sad, I had a great experience season 1. Thank you for all the support from our wonderful fans."

Not all of the show's fans are on board with this casting shuffle: Numerous petitions have shown up online, and fans are taking to message boards, Twitter and Facebook to share their confusion and anger. And, of course, there are the trolls who are viciously blaming **Leah** for the change, but here's to hoping they grow up and direct their energy toward more important things in life.

Q. I've really been enjoying the new season of "Designated Survivor," but where is **Virginia Madsen**? I loved her character's supportive antagonism toward **President Kirkman**, and feel he really needs her as his foil. — **Brenda F., Mansfield, Ohio**

A. **Virginia's** character of the former congresswoman **Kimble Hookstraten** has been written off the show and will not be back for season two, which is a shame because I too

enjoyed watching her interactions with **Kiefer Sutherland's** president,



ABC/Sven Frenzel

Virginia Madsen

wondering if she was going to support or undermine him. But I guess as his character becomes stronger in his role of the reluctant president, he has bigger fish to fry.

Like **Erinn** in the question above, **Virginia** is taking her leave like the classy lady she is, stating on Twitter: "I won't be back for Season 2. I guess they had other stories to tell. It's a big show, so I wish them well. But I would like return to kick some ass. It was a great role. I was loving it."

Q. I'm so glad that **Ryan Eggold** is back on "The Blacklist," but what happened to his spinoff show? — **John G., via Twitter**

A. "The Blacklist: Redemption," which premiered in back February, was canceled in May after one season. This is sad for me because I enjoyed watching **Terry O'Quinn** playing **Ryan's** father. However, we'll get to see **Terry** next year on Hulu in the **Stephen King**-adapted series of "Castle Rock." I can't wait for that one!

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindyelavsky.com.



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FAMILY FEATURES

Whether this holiday marks your culinary debut or you're a seasoned chef looking for a fresh take on seasonal favorites, you can take some notes from the pros. Every good chef has an arsenal of tricks and techniques to create amazing dishes every time, and the perfect blend of spices is one of those winning secrets.

In a properly seasoned dish, the spice accents the natural flavors without overpowering them. That's why it's a good idea to build your menu around spices and herbs of the highest quality, such as Spice Islands, which crafts and packages spices and herbs from around the world to deliver the most authentic and intense flavor possible.

Add flavor-rich, seasonal spices to your holiday table with these flavorful recipes for a Traditional Turkey Rub, Cranberry Apple Chutney, Butternut Squash Soup with Thyme Butter and Mini Pumpkin Cheesecakes.

From the appetizers to the main dish to dessert, flavorful seasonings can make a good recipe great. Find more ideas for spicing up your holiday menu at SpiceIslands.com.

Traditional Turkey Rub

Prep time: 5 minutes

Yield: rub for 1 turkey (about 15 pounds)

- 2 teaspoons Spice Islands Crushed Rosemary
- 1 teaspoon Spice Islands Thyme
- 1 teaspoon Spice Islands Onion Powder
- 1/2 teaspoon Spice Islands Garlic Powder
- 1/8 teaspoon Spice Islands Ground Saigon Cinnamon
- sea salt
- Spice Islands Ground Black Pepper
- pure olive oil (optional)
- 1 turkey

In small bowl, combine rosemary, thyme, onion powder, garlic powder and cinnamon. Generously add salt and pepper. Lightly coat turkey with oil, if desired.

Rub all surfaces of turkey with seasoning. Roast according to package directions.



Photo courtesy of Getty Images

Spice Up the Season

Flavorful holiday dishes for every course



Mini Pumpkin Cheesecakes

Prep time: 15 minutes

Total time: 1 hour, 50 minutes

Yield: 18 mini cheesecakes

- 18 paper baking cups (2 1/2 inch diameter)
- 18 gingersnap cookies
- 12 ounces cream cheese, softened
- 3/4 cup sugar
- 1 tablespoon corn starch
- 1 teaspoon Spice Islands Pumpkin Pie Spice
- 2 eggs
- 1 cup canned pumpkin
- 1/3 cup light corn syrup

Heat oven to 325 F. Line muffin tin with paper baking cups. Place 1 cookie in each cup. With electric mixer, beat cream cheese, sugar, corn starch and pumpkin pie spice. Add eggs and mix well. Add pumpkin and corn syrup; beat 1 minute. Pour filling into liners, dividing evenly. Bake 30-35 minutes until just set. Chill 1 hour.

Cranberry Apple Chutney

Prep time: 15 minutes

Total time: 45 minutes

Yield: 2 cups

- 1 bag (12 ounces) fresh or frozen cranberries
- 1/4 cup water
- 2 large apples, cored and chopped
- 1 1/2 cups sugar
- 2/3 cup finely chopped onion
- 2/3 cup golden raisins
- 2 teaspoons minced fresh ginger
- 1 teaspoon Spice Islands Minced Garlic
- 1 teaspoon salt
- 3/4 teaspoon Spice Islands Ground Allspice
- 1/4 teaspoon Spice Islands Ground Saigon Cinnamon
- 1/8 teaspoon Spice Islands Ground Cloves
- 2/3 cup dark corn syrup
- 1/3 cup cider vinegar
- 2/3 cup chopped pecans

In large saucepan, combine cranberries, water, apples, sugar, onion, raisins, ginger, garlic, salt, allspice, cinnamon and cloves. Bring to boil over medium-high heat. Reduce heat; cover, stirring occasionally, 15 minutes. Add corn syrup, vinegar and pecans. Cook uncovered 15 minutes, stirring frequently. Serve with roast turkey, pork roast or baked ham.



Butternut Squash Soup with Thyme Butter

Prep time: 35 minutes

Total time: 1 hour, 30 minutes

Yield: 6-8 servings

- 1 tablespoon vegetable oil
- 1 teaspoon Spice Islands Ground Ginger
- 1/4 teaspoon Spice Islands Cayenne Pepper
- 3 pounds (about 7 cups) butternut squash, peeled and cut into 1-inch pieces
- 2 medium cooking apples, peeled, cored and coarsely chopped
- 2 small onions, coarsely chopped
- 2 cans (14 1/2 ounces each) chicken broth, divided
- 1/2 cup water
- 1/2 teaspoon Spice Islands Garlic Powder

Heat oven to 425 F. In large bowl, combine oil, ginger and cayenne pepper. Add squash, apples and onions; toss to coat. Transfer to 15-by-10-inch baking pan. Roast in single layer 35-45 minutes, or until tender. Remove from oven. Working in batches, combine squash mixture and one can chicken broth in blender or food processor; blend until smooth. Transfer pureed mixture to large saucepan. Stir in remaining chicken broth and water. Bring soup to boil; reduce heat and simmer, uncovered, 10 minutes. To make thyme butter: Combine butter, thyme and garlic powder until well blended. Spoon onto wax paper and roll into 3-inch log; wrap tightly and refrigerate until firm. To serve, cut butter into thin slices. Ladle hot soup into individual bowls; top each with slice of butter. Tip: Puree can be made in advance, covered and refrigerated up to 2 days.

Thyme Butter:
1/4 cup butter, softened
1/2 teaspoon Spice Islands Thyme

Good Housekeeping

Seafood Bake

In this recipe from our sister publication Woman's Day, succulent fish and seafood become a decadent dinner when mixed into a creamy sauce topped with a crispy, shredded potato crust.

- 1 cup lowfat sour cream
- 1 tablespoon cornstarch
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon zest
- Kosher salt
- Pepper
- 1 1/2 pounds mixed seafood (such as salmon and shrimp)
- 1 package frozen leaf spinach
- 2 cups frozen shredded hash browns

1. Heat oven to 425 degrees F. In a large bowl, whisk together the sour cream, cornstarch, mustard, lemon zest, and 1/2 teaspoon each salt and pepper.

2. Add the seafood to the sour cream mixture and toss to coat. Squeeze the spinach of excess moisture, roughly chop, then fold into the seafood mixture. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.

3. Sprinkle the hash browns over the top and lightly brush with olive oil or coat with cooking spray. Bake until bubbling, 20 to 25 minutes. (For an extra golden-brown top, broil for 1 to 2 minutes.)

TIP: To use up the potatoes, make crispy potato fritters: In a medium bowl, combine 4 eggs (beaten), 2 cups frozen shredded hash browns (thawed), 3 scallions (thinly sliced) and 2 ounces ham (sliced into thin strips). Heat 2 tablespoons olive oil in a large skillet and cook spoonfuls of the mixture until golden brown, 3 minutes per side. Serve with a green salad. Serves 5.

Good Housekeeping

Roasted Acorn Squash with Maple Drizzle

This hearty side dish is a delicious way to add great veggies to your meal. Not to mention you that can never go wrong with bacon.

- 2 large acorn squash; sliced, seeds removed
- 1/4 cup butter
- 2 tablespoons dark-brown sugar
- 1 teaspoon Kosher salt
- 5 black pepper bacon slices
- 1 tablespoon chopped rosemary leaves
- 1/2 cup maple syrup
- 2 tablespoons red wine vinegar
- Fresh rosemary leaves
- Freshly ground pepper

1. Heat oven to 400 F. Line 2 baking sheets with parchment paper. Combine butter, brown sugar and salt. Coat squash with butter mixture; arrange on baking sheets in a single layer. Bake 20 minutes; turn squash over, and bake 10 more minutes or until tender.

2. Meanwhile, saute bacon in a medium nonstick skillet over medium heat until crisp. Remove bacon with a slotted spoon. Drain drippings, reserving 1 tablespoon in skillet. Cook rosemary in hot drippings 1 minute. Stir in syrup and vinegar, and cook, stirring often, 5 minutes or until reduced by almost half. Arrange squash on a serving platter and drizzle with warm maple mixture.

3. Crumble reserved bacon over squash and sprinkle with additional rosemary leaves and pepper. Serve warm or at room temperature. Makes 8 to 10 servings.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Peanut Butter Sweet Potato Bake

Sweet Potato vs. Yams — there is a difference. Yams are moister than sweet potatoes and have darker skins. Sweet potatoes are versatile and are often baked, candied or made into pies. It's best not to boil them, as they'll lose much of their flavor.

- 1/2 cup unsweetened orange juice
- 1/4 cup Peter Pan or Skippy reduced-fat peanut butter
- 2 tablespoons Brown Sugar Twin
- 3 cups (16 ounces) sliced cooked sweet potatoes
- 1/2 cup miniature marshmallows

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large bowl, combine orange juice, peanut butter and Brown Sugar Twin. Add sweet potatoes. Mix well to coat. Pour mixture into prepared baking dish. Bake for 20 minutes.

3. Sprinkle marshmallows evenly over top. Continue baking for 5 minutes or until marshmallows start to melt and are lightly browned. Divide into 6 servings.

• Each serving equals: 135 calories, 3g fat, 4g protein, 23g carbs, 90mg sodium, 22mg calcium, 3g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fat; Carb Choices: 1 1/2.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Chunky Vegetable Soup

This soup would be very satisfying on a cool fall day.

- 1 (14-ounce) can low sodium fat-free beef broth
- 1 cup chopped carrots
- 1/2 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1 cup chopped zucchini
- 1/2 cup sliced celery
- 1 cup peeled and chopped fresh tomato
- 1 cup low sodium tomato juice
- 1 teaspoon seasoned salt

1. In a medium saucepan, combine beef broth, carrots, onion, green pepper, zucchini and celery. Bring mixture to a boil. Stir in tomato, tomato juice and seasoned salt.

2. Lower heat, cover and simmer for 30 to 45 minutes or until vegetables are tender, stirring occasionally. Makes 4 (1 cup) servings.

• Each serving equals: 56 calories, 0g fat, 3g protein, 11g carbs, 272mg sodium, 36mg calcium, 2g fiber; Diabetic Exchanges: 2 vegetables; Carb Choices: 1.

Good Housekeeping

Grandma's Fresh Cranberry Relish

This easy, no-cook relish will have your guests fighting over who will take home the leftover relish!

- 1 bag (12 ounces) cranberries, (3 cups)
- 1 medium Granny Smith apple, peeled, cored and cut up
- 1 medium Gala apple, peeled, cored and cut up
- 1 small navel orange, unpeeled and cut up
- 2/3 cup sugar

In food processor, with knife blade attached, pulse all ingredients until coarsely chopped. Spoon into serving bowl; cover and refrigerate until well-chilled, about 3 hours or up to 4 days. Makes 4 cups.

• Each serving: About 200 calories.

Good Housekeeping

Great-Grannie's Coffee Cake

This super simple coffee cake is celebrity Tyra Banks's family recipe.

- 4 cups all-purpose flour
- 2 cups packed brown sugar
- 1 cup granulated sugar
- 1/2 teaspoons salt
- 1 teaspoon nutmeg
- 1/4 cups vegetable oil
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3 large eggs
- 1/2 cups buttermilk
- 2 teaspoons cinnamon

1. Heat oven to 350 F. In large bowl, mix flour, brown sugar, granulated sugar, salt and nutmeg until no lumps remain. Stir in vegetable oil. Reserve 1 1/2 cup mixture for topping; set aside.

2. Into mixture in large bowl, stir baking powder, baking soda, eggs, buttermilk and cinnamon to topping. Spread batter in greased 13-inch by 9-inch pan; sprinkle with topping. Bake 45 minutes until toothpick inserted in center comes out clean.



top ten

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5. Ginger
6. Paprika
7. Parsley
8. Red pepper
9. Rosemary
10. Turmeric

Source: womenfitness.net

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Crime

Simple aggravated battery toward a police officer with hands at a grocery food store on the 3500 block of North Broadway.

Simple battery on the sidewalk on the 3600 block of North Ashland Avenue.

Domestic battery on the 1200 block of West Nelson Street.

Simple battery on the sidewalk on the 1000 block of West Addison Street.

Burglary forced entry to a residence on the 2800 block of North Damen Avenue.

Burglary unlawful entry to a garage on the 2800 block of North Burling Street.

Burglary unlawful entry to a residence on the 3100 block of North Lake Shore Drive.

Burglary unlawful entry to a residential garage on the 3500 block of North Bosworth Avenue.

Vandalism and criminal damage to property at a residence on the 3400 block of North Halsted Street.

Vandalism criminal damage to a vehicle at a parking lot on the 900 block of North Sheridan Road.

Credit card fraud at a residence on the 900 block of West George.

Illegal use of a cash card at a residence on the 1500 block of West Melrose Street.

Vandalism and criminal damage to a vehicle on the street on the 3500 block of North Seminary Avenue.

Criminal Sexual Abuse at a school on the 2500 block of West Addison Street.

Theft under \$300 on the street on the 3400 block of North Rockwell Street.

Theft under \$300 at a residential front yard on the 700 block of West Brompton Avenue.

Theft over \$300 on the street on the 2900 block of North Halsted Street.

Theft from a small retail store on the 3100 block of North Clark Street.

Theft under \$300 on the street on the 800 block of West Cornelia Avenue.

Aggravated assault with a knife in an apartment on the 400 block of North Oakdale Avenue.

Vandalism.Criminal damage to a vehicle in an alley on the 3700 block of North Wilton Avenue.

Criminal trespass to a restaurant on the 3700 block of North Halsted Street.

Criminal sexual assault in a taxicab attempted non aggravated

ed on the 3700 block of North Broadway.

Burglary unlawful entry to a commercial business office on the 1000 block of West Belmont Avenue.

Burglary and forcible entry to an apartment on the 1600 block of West Byron Street.

Burglary and forcible entry to an apartment on the 3700 block of Pine Grove Avenue.

Criminal Sexual Assault non aggravated at a hospital building on the 800 block of West Wellington Avenue.

Assault at a grocery store on the 3500 block of North Broadway.

Domestic battery on the sidewalk on the 900 block of West Belmont Avenue.

Simple Domestic Battery at a church, synagogue or place of worship on the 500 block of West Melrose Street.

Burglary forcible entry at a residential garage on the 2100 block of West Wellington Avenue.

Simple Domestic Battery at a residence on the 1800 block of West Roscoe Street.

Vandalism. Criminal damage to property at a medical or dental office on the 2400 block of West Lawrence Avenue.

Vandalism and Criminal damage to property on a small retail store

on the 4700 block of North Western Avenue.

Robbery armed with dangerous weapon at a small retail store on the 4800 block of North Western Avenue.

Robbery armed with a knife on the sidewalk on the 4800 block of North Leavitt Street.

Stalking at a residential front or back yard on the 2300 block of West Giddings Street.

Theft from a library on the 4400 block of North Lincoln Avenue.

Violation of a GPS monitoring device at an apartment on the 4400 block of North Western Avenue.

Domestic Battery at an apartment on the 4700 block of North Rockwell Street.

Violation of civil no contact order on the sidewalk on the 4800 block of North Rockwell Street.

Motor vehicle theft of an automobile off the street on the 3300 block of North Hoyne Avenue.

Domestic battery at a residence on the 1800 block of West Roscoe Street.

Deceptive practice fraud or confidence game at a residence on the 1600 block of West School Street.

Theft at a retail grocery

food store on the 3400 block of North Western Avenue.

Simple assault at a residence on the 1900 block of West Melrose Street.

Deceptive practice computer fraud at a small retail store on the 1600 block of West Belmont Avenue.

Assault at a parking garage or parking lot on the 3900 block of North Western Avenue.

Telephone threat on the 3800 block of North Western Avenue.

Simple assault on the 4200 block of North Lincoln Avenue.

Theft over \$300 on the street on the 1800 block of West Berteau Avenue.

Narcotics:Possession of cannabis more than 30 grams in an alley on the 1900 block of West Warner Avenue.

Theft from a building apartment on the 3600 block of North Seeley Avenue.

Aggravated Assault with a handgun on the street on the 4100 block of North Western Avenue.

Retail theft from a small retail store on the 4300 block of North Western Avenue.

Robbery aggravated

ed on a CTA train on the 1800 block of West Montrose Avenue.

Offense involving children at a police facility in a vehicle in the parking lot on the 2400 block of West Belmont Avenue.

Computer fraud at a small retail store on the 1600 block of West Belmont Avenue.

Theft from a drug store on the 3200 block of North Broadway.

Public peace violation. Reckless conduct on the sidewalk on the 600 block of West Wellington Avenue.

Criminal sexual abuse at a CTA bus stop on the 900 block fo West Belmont Avenue.

Aggravated assault with a handgun at a hospital building or grounds on the 800 block of West Wellington Avenue.

Simple assault on a police officer with use of hands on the sidewalk on the 3500 block of North Broadway.

Domestic battery on the sidewalk on the 1000 block of West Addison Street.

Sex offender failing to register on the sidewalk on the 3200 block of North Broadway.

Simple battery on the street on the 3200 block of North Sheffield Avenue.

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Photos courtesy of Getty Images

7 Steps to Better Security Online

FAMILY FEATURES

Virtually no one would park a car in a busy area, leave the keys in the ignition, roll the windows down and walk away. Yet many people who would take precautions to protect their vehicles leave access to their personal and financial information wide open. In this digital era, it pays to be just as diligent when it comes to virtual properties as it does physical ones.

These seven steps can help you create a more secure environment that protects you from online attacks.

Make your device a fortress. Whether you're using a desktop, laptop or mobile device, taking proper precautions to safeguard the device itself is your first line of defense. Use reliable internet security software, apply firewalls, block pop-ups and prevent sites from logging your location. Make it a habit to log out of websites and regularly delete your history and cookies, especially if you're using a public system or one that others access regularly.

Shop smart. Only make purchases from encrypted sites and limit purchases to a single credit card that you regularly monitor. It's a good idea to make online purchases using a card with a clear policy about your liability in the event your card number does get stolen or you unknowingly purchase from a fraudulent seller and need to recoup your funds.

Be wary of strangers. Although social interaction with people you've never met is the norm via chat rooms and other internet-enabled sources, it's still smart to treat those encounters with caution. Never divulge personally identifying information or financial details, and avoid opening emails or following text or message links from unknown senders.

Keep privacy in mind. Know that virtually anything you post online can become public at the hands of someone with ill intentions. This even applies to things you post that you intend only for friends and family to see, as one of them can easily copy and forward on your photos, words, etc. If you'd be worried about the general public seeing it, don't post or share it.

Go ahead, be vain. Looking for yourself online isn't really an ego move, it's a smart one. Periodically searching your own name could reveal information in the public domain that you'd rather keep private or it could point to potential identity fraud.

Monitor your credit and accounts. Particularly if you have an active online life, whether for social, work or practical purposes like banking or shopping, pay close attention to your credit and bank accounts. Hackers find all sorts of ways to get to your identity, but regular monitoring can help you identify a problem before it spirals out of control.

Manage passwords responsibly. If you're like most people, you probably use the same (or a variation of the same) password across numerous accounts. It's human; it's easy to remember. However, once a thief or hacker figures out your log-in credentials, all of your personal information and finances are ripe for the taking. Avoid repeating passwords across multiple sites and change passwords often for better security.

For more tips to protect your family's privacy and stay safe while online, visit eLivingToday.com.

4 Tips to Make Sense of Cyber Security

It's no secret that kids have a sense of invincibility. While that trait can bring some endearing reminders of the innocence of childhood, it can also have some highly unfortunate consequences. In the context of cyber security, an action by an unknowing child can impact the entire family.

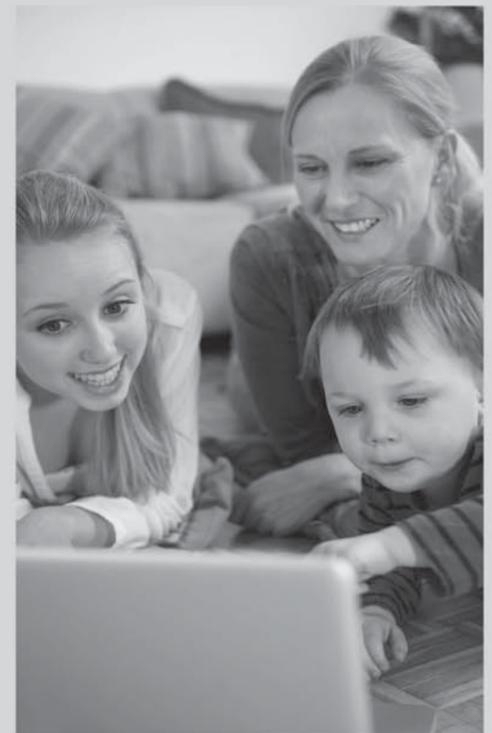
The majority of U.S. households are filled with devices that pose a potential threat to your personal security. In fact, according to the 2016 Global Consumer Security Survey by Trend Micro, nearly half of households have two or more computers and nearly a third have three or more smartphones.

Despite the many benefits of a highly connected world, the potential for danger is strong. While there are plenty of parental controls and blocks available, they aren't foolproof. Educating children about potential risks and how to avoid them with these tips from Trend Micro can go a long way toward protecting your family from potential cyber problems.

1. Understand what you're saying yes to. Be involved, knowledgeable and interested in the devices, apps and sites your children use for school and for fun. For sites they use for school, ask their teachers for more information. For apps they're using at home, spend 15 minutes trying it yourself.

2. Use privacy settings and features. Make sure you understand what privacy protections your browser or devices offer for your family when your kids are accessing their favorite sites, apps and online services. Many browsers allow you to prevent sites from tracking what you do and where you go online, so spend some time looking at web browser settings to see what privacy options are available to you.

3. Use features and services available within an app or website. Also take a look at the privacy settings available in the specific apps, websites or games your family uses. Most will let you have a private



account, which means the whole world won't be able to see what you post or who you're connected to.

4. Remember that being online is a public life. Nothing is truly private online. If you and your family keep this in mind, it can help you all think through what you are about to post, like and click on, as well as who you connect with online.

Explore more ideas to keep your kids and family safe online at internetsafety.trendmicro.com.

The Garden Bug

Soil

Soil is a living, breathing, natural entity made of solids, liquids, and gases. It provides habitat for organisms, recycles waste products and filters water. Soil provides structural stability for plants, and retains and relinquishes water and the nutrients necessary for plants to grow. Most soil scientists agree that soil composed of 25% water, 25% air, 45% mineral matter, and 5% organic matter make up an ideal ratio for plant growth.

- Brenda Weaver
Source: www.ces.ncsu.edu

The Garden Bug

Depending on your location, fall is a good time for **planting trees**, as they need time to root and acclimatize before the onset of the freezing temperatures of winter. In the southern United States, however, which do not experience an intense winter, planting can take place during the winter months.

For tree planting info, go to:
 • www.arborday.org
 • www.ftpf.org
 • nationalforests.org

- Brenda Weaver
Source: www.tree-planting.com

The Garden Bug

Blackthorn

In European folklore, the blackthorn is seen as a sinister tree, associated with the dark arts and ill omens. It is linked with warfare, wounding and death. Witches were said to carry walking sticks made of it, with which they caused mischief. In Scotland, winter begins when the Goddess of Winter strikes the ground with her blackthorn staff. Blackthorn timber is hard and strong, with tough bark. The wood was cured by burying it in a dung heap or smearing it with butter, then placing it in the chimney.

Sources: www.historic-uk.com, www.druidry.org

- Brenda Weaver

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Quotes worth your time

"I don't mind going back to day light saving time. With inflation , the hour will be the only thing I've saved all year."
 — Victor Borge

"Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be ,what you will be."
 — Douglas MacArthur

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."
 — Oprah Winfrey

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Protect Your Health and Your Card

Making the most of Medicare Open Enrollment

FAMILY FEATURES

Eating well and regular exercise are part of a healthy lifestyle, and so is making sure you have the right health care coverage.

Medicare's annual Open Enrollment period is a good time to review your current coverage and decide if there may be a better fit based on changes to current plans, your budget or health needs.

During Medicare Open Enrollment, which runs Oct. 15-Dec. 7, 2017, you can enroll in or make changes to your Medicare health or prescription drug plan for coverage that begins Jan. 1, 2018. If you miss the deadline, you will likely have to wait a full year before you are able to make changes to your plan.

To make Medicare Open Enrollment part of your healthy lifestyle, follow these five steps:

1. Review your current plan notice. Read any notices from your Medicare plan about changes for next year, especially your "Annual Notice of Change" letter. Look at your plan's information to make sure your drugs are still covered and your doctors are still in network.

2. Think about what matters most to you. Medicare health and drug plans change each year and so can your health needs. Do you need a new primary care doctor? Does your network include the specialist you want for an upcoming surgery? Does your current plan cover your new medication? Does another plan offer the same coverage at a lower cost? Take stock of your health status and determine if you need to make a change.

3. Find out if you qualify for help paying for Medicare. Learn about programs in your state to help with the costs of Medicare premiums (through Medicare Savings Programs), your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) deductibles, coinsurance and copayments, and Medicare prescription drug coverage costs

(through Extra Help). Visit Medicare.gov or call your State Health Insurance Assistance Program (SHIP) to learn more.

4. Shop for plans that meet your needs and fit your budget. Starting each October, you can use Medicare's Plan Finder tool at Medicare.gov/find-a-plan to see what plans are offered in your area. A new plan may:

- Cost less
- Cover your drugs
- Let you go to the providers you want, like your doctor or pharmacy.

If you find your current coverage still meets your needs, then you're done. Remember, during Medicare Open Enrollment, you can decide to stay in Original Medicare or join a Medicare Advantage Plan. If you're already in a Medicare Advantage Plan, you can switch back to Original Medicare.

5. Check your plan's Star Rating before you enroll. The Medicare Plan Finder is up-to-date with the Star Ratings for Medicare health and prescription drug plans. Plans are given an overall quality rating on a 1-5 star scale, with 1 being the lowest performing and 5 stars representing excellent performance. You can use Star Ratings to compare the quality of health and drug plans being offered.

For more information, visit Medicare.gov or call 1-800-MEDICARE (1-800-633-4227) and say "Agent." TTY users can call 1-877-486-2048. Help is available 24 hours a day, including weekends. If you need help in a language other than English or Spanish, let the customer service representative know the language. You can also get personalized health insurance counseling at no cost to you from your local SHIP by visiting shiptacenter.org. More information about Medicare is available on the Medicare Facebook page and by following @MedicareGov on Twitter.

MEDICARE
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Information provided by the U.S. Department of Health & Human Services

Protect Your Medicare Card

Protect your identity as well as your health by guarding your Medicare card like you would a credit card. Medicare is aiding in the fight against Medicare fraud by removing Social Security Numbers from Medicare cards and replacing them with a new, unique number for each person with Medicare. Medicare will mail the new cards with unique numbers between April 2018-April 2019. Here are some steps you can take to protect yourself from identity theft:

- Don't share your Medicare number or other personal information with anyone who contacts you by telephone, email or approaches you in person, unless you've given them permission in advance. Medicare will never contact you uninvited and ask for your Medicare number or other personal information.
- Tell your friends and neighbors to guard their Medicare numbers.
- Don't ever let anyone borrow or pay to use your Medicare number.
- Review your Medicare Summary Notices to be sure you and Medicare are only being charged for services actually provided.
- Be wary of salespeople who knock on your door or call you uninvited and try to sell you a product or service.
- Don't accept items received through the mail that you didn't order. You should refuse the delivery and/or return it to the sender. Keep a record of the sender's name and the date you returned the items.

If someone calls you and asks for your Medicare number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227) and learn more about how you can fight Medicare fraud at Medicare.gov/fraud.

Information provided by the U.S. Department of Health & Human Services.

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